



## MLA General Formatting

- Type your paper on a computer and print it out on standard, white 8.5x11-inch paper.
- **Double-space** your entire essay and use a legible 12-point font, such as Times New Roman.
- **Set the margins of your document to one inch on all sides and indent the first line of a paragraph one half-inch.** If using Microsoft Word, go to the "Page Layout" tab at the top. Then click the "Margins" drop-down menu and select "Normal."
- **Create a header in the upper right-hand corner that includes your last name, followed by a space with a page number.** To do this, first go to the "Insert" tab at the top. Select the "Page Number" dropdown menu. In this dropdown menu, select "Top of Page" and the number aligned on the right. Your cursor should now be to the left of the number. Simply type in your last name and then a space. Make sure all pages are consecutively numbered with Arabic numerals (1, 2, 3, etc.), one-half inch from the top and flush with the right margin. Please note: Some professors may ask you to omit this information on the first page ONLY.
- **In the upper left-hand corner of the first page, list your name, your instructor's name, the course, and the date.** Again, be sure to double this section as well. Also, do not include any other information in this section other than what is specified here.
- **Double space and center your title.** Your title should come one double-spaced line below the date. Don't underline your title or put it in quotation marks; capitalize the first letter of each word in the title except for articles and prepositions.
- Do not make a title page for your essay unless specifically requested.

**Please see the reverse side for a sample MLA-formatted first page.**

**You may also refer to the MLA In-text handout and MLA Works Cite Page handout for further instruction on formatting sources.**

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English 100

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### MMA vs. Boxing

For many years, boxing was considered to be the king of combat sports. From Muhammad Ali to Julio Cesar Chavez, boxing had always had the biggest names in the fight world until a new sport showed up and took the crown: mixed martial arts. Many people assume that MMA has been around for a very short amount of time, but the truth is that this sport has been around since 648 BC when the Greeks first introduced it to the Olympics. Pankration, as the Greeks called it, pan meaning "all" and kratos meaning "powers", decreased in popularity around the same time as the rise of the Roman Empire and during this time boxing gained popularity (Donald). Centuries later this wonderful sport is trying to make a comeback and give boxing a run for its money, but can it succeed?

One of the major factors that mixed martial arts has over boxing is that the fighting is not limited to standing. In boxing, if the aggressor knocks his opponent to the ground, the fighter must stop and wait for the referee to give a ten-second count in order to give his opponent a chance to get up. If a fighter falls in MMA, he had better know some sort of ground game because the opponent is not going to stop until he finishes him. Aside from being able to strike opponents senseless, when on the ground fighters are aloud to submit their opponent with various joint locks, chokes, and compression locks.